

Table 2. Comparison of Fitness Programs for Military and Other Government Organizations

| Issue  | Service or Agency Requirements |                                     |                            |                                      |                             |                  |                                  |
|--|--------------------------------|-------------------------------------|----------------------------|--------------------------------------|-----------------------------|------------------|----------------------------------|
|  | US Military                    |                                     |                            |                                      | US Non-Military             |                  | Foreign Military                 |
|  | US Air Force <sup>1</sup>      | US Army <sup>2</sup>                | US Navy <sup>3</sup>       | US Marine Corps <sup>4</sup>         | Secret Service <sup>5</sup> | FBI <sup>6</sup> | Royal Australian AF <sup>7</sup> |
| <b>Physical Conditioning Program</b>                     |                                |                                     |                            |                                      |                             |                  |                                  |
| Fitness Training   |                                | Yes                                 | Yes                        | Yes                                  | Yes                         | Yes              |                                  |
| Mandatory  |                                |                                     | Yes                        | Yes                                  | No                          | No               |                                  |
| Medical Qualification for Participation                  |                                |                                     |                            | Yes                                  |                             | Yes              |                                  |
| Qualifying Personnel                                     |                                |                                     |                            | All Marines                          |                             |                  |                                  |
| Frequency  |                                |                                     | 3 Times Per Week           | 3 Hours Per Week                     | 3 Hours Per Week            | 3 Hours Per Week |                                  |
| Conducted During Duty Time                               |                                | Yes                                 | Yes                        | Yes                                  | Yes                         | Yes              |                                  |
| Required Log/Record of Activity                          |                                |                                     |                            |                                      |                             | Yes              |                                  |
| <b>Purpose</b>   |                                |                                     |                            |                                      |                             |                  |                                  |
| Maintain Physical and Mental Stamina                     |                                |                                     | Yes                        |                                      |                             |                  |                                  |
| Support Operational / Combat Readiness                   |                                |                                     | Yes                        | Yes                                  |                             |                  |                                  |
| Health and Well-Being                                    |                                |                                     |                            | Yes                                  |                             | Yes              |                                  |
| Day-to-Day Effectiveness                                 |                                |                                     |                            | Yes                                  |                             | Yes              |                                  |
| Self-Confidence  |                                |                                     |                            | Yes                                  |                             |                  |                                  |
| Increased Productivity                                   |                                |                                     |                            |                                      |                             | Yes              |                                  |
| <b>Physical Fitness Testing</b>                          |                                |                                     |                            |                                      |                             |                  |                                  |
| Physical Fitness Test                                    | Yes                            | Yes                                 | Yes                        | Yes                                  | Yes                         | Yes              | Yes                              |
| Personnel to be Tested                                   | All USAF Personnel             | All Officers and Enlisted Personnel | All Personnel Under Age 50 | All Marines Under 46 Years of Age    | All That Carry Weapons      | All Agents       |                                  |
| Mandatory  | Yes                            | Yes                                 | Yes                        | Yes                                  | No                          | Yes              | Yes                              |
| When Conducted   | Annually                       | Semi-Annual                         | Semi-Annual                | Semi-Annual                          | Semi-Annual                 | Semi-Annual      |                                  |
| <b>Purpose</b>   |                                |                                     |                            |                                      |                             |                  |                                  |
| Increase Productivity                                    | Yes                            |                                     |                            |                                      |                             |                  |                                  |
| Maintain / Enhance Combat Readiness                      | Yes                            | Yes                                 |                            |                                      |                             |                  | Yes                              |
| Decrease Health-Related Expenditures                     | Yes                            |                                     |                            |                                      |                             |                  |                                  |
| Evaluate Physical Fitness                                |                                | Yes                                 |                            | Yes                                  |                             |                  |                                  |
| Health and Well-Being                                    |                                |                                     |                            |                                      | Yes                         |                  |                                  |
| Maintain Level of Fitness Required to Perform Job Duties |                                |                                     |                            |                                      | Yes                         |                  | Yes                              |
| Self-Analysis  |                                |                                     |                            |                                      |                             | Yes              |                                  |
| <b>Performance Measures</b>                              |                                |                                     |                            |                                      |                             |                  |                                  |
| Running  |                                | 2-Miles                             |                            | 1.5-Miles (Females); 3-Miles (Males) | 1.5-Miles                   | 1.5-Miles        |                                  |
| Walk/Run   |                                |                                     | 1.5-Miles                  |                                      |                             |                  |                                  |
| Walk or Run  |                                |                                     |                            |                                      |                             |                  | 3-Mile Walk or 1.5-Mile Run      |
| Push-Ups   |                                | 2-Minutes                           | 2-Minutes                  |                                      | 1-Minute                    | Maximum          |                                  |
| Sit-Ups  |                                | 2-Minutes                           |                            | Bent-Knee                            | 1-Minute                    | 1-Minute         | Yes                              |
| Curl-Ups   |                                |                                     | 2-Minutes                  |                                      |                             |                  |                                  |
| Pull-Up / Chin-Up  |                                |                                     |                            | Yes (Males)                          | 1-Minute                    |                  |                                  |
| Chin-Up / Flexed-Arm Hang                                |                                |                                     |                            |                                      |                             |                  | Yes                              |
| Flexed-Arm Hang  |                                |                                     |                            | Yes (Females)                        |                             |                  |                                  |
| Sit & Reach  |                                |                                     | Yes                        |                                      | Yes                         | Yes              |                                  |
| Swim Test  |                                |                                     |                            |                                      | Yes                         |                  |                                  |
| Cycle Ergometry  | Yes                            |                                     |                            |                                      |                             |                  |                                  |
| <b>Alternate Aerobic Events</b>                          |                                |                                     |                            |                                      |                             |                  |                                  |
| Bicycle  |                                | 6.2-Miles                           |                            |                                      |                             |                  |                                  |
| Walk   |                                | 2.5-Miles                           |                            |                                      |                             |                  |                                  |
| Swim Test  |                                | 800-Yds.                            | 500-Yds                    |                                      |                             |                  |                                  |
| <b>Performance Evaluation</b>                            |                                |                                     |                            |                                      |                             |                  |                                  |
| Rank / Score Based on Gender                             | Yes                            | Yes                                 | Yes                        |                                      | Yes                         |                  |                                  |
| Rank / Score Based on Age                                | Yes                            | Yes                                 | Yes                        | Yes                                  | Yes                         | Yes              |                                  |
| Must Obtain Minimum Requirement Measures in All Events   |                                | Yes                                 |                            | Yes                                  |                             |                  |                                  |
| <b>Actions Upon Failure</b>                              |                                |                                     |                            |                                      |                             |                  |                                  |
| Required Reassessment                                    | Yes                            | Yes                                 |                            |                                      |                             |                  |                                  |
| Self-Directed Physical Conditioning Program              | Yes                            |                                     |                            |                                      |                             |                  |                                  |
| Monitored / Supervised Physical Conditioning Program     | Yes                            |                                     | Yes                        | Yes                                  |                             |                  |                                  |
| Administrative Action                                    | Yes                            |                                     |                            |                                      |                             |                  |                                  |
| Potential Separation from Service                        |                                | Yes                                 |                            |                                      |                             |                  |                                  |
| May Affect Advancement                                   |                                |                                     | Yes                        |                                      |                             |                  |                                  |

Adapted from:

<sup>1</sup>Anderson, E. R. (1996, February 1). Air force instruction 40-501: The air force fitness program. Bolling, AFB: HQ AFMOA/SGO.

<sup>2</sup>Department of the Army. (1993, October 29). *USAMRDC memorandum number 350-15*. [WWW Document] URL [http://mrmc-www.army.mil/mrmc\\_library/memorandum/350-015.MEM](http://mrmc-www.army.mil/mrmc_library/memorandum/350-015.MEM)

<sup>2</sup>SUNY Brockport Army ROTC (n/d, 1997). *The army physical fitness program*. [WWW Document] URL <http://www.acs.brockport.edu/~jmccllell/apft.html>

<sup>3</sup>Hernandez, R. S. (1996, Sept). *Health and physical readiness*. Minutes of the 1996 U. S. Air Force Fitness Summit III, Attachment 9 Briefing Slides 1-24.

<sup>4</sup>Department of the Navy. (1988, February 29). *Marine corps order 6100.3J*. [WWW Document] URL <http://www.usmc.mil/opages/pft.htm>

<sup>5</sup>Emmett, D. (1997, January 27). *Telephone conversation and faxed materials from Secret Service Fitness Coordinator*.

<sup>6</sup>Kortyka, F. (1997, January 22). *Telephone conversation and materials received from Federal Bureau of Investigation Fitness Coordinator*.

<sup>7</sup>Telford, D. (1996, May 16). *Physical fitness in the RAAF*. [WWW Document] URL <http://www.adfa.oz.au/DOD/RAAF/news/may96/fitness.html>